# SIVANANDA VANI

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*Published by :*
**The Yoga-Vedanta Forest University,**
ANANDA KUTIR
P. O. Sivananda Nagar–RISHIKESH,
HIMALAYAS.

Shri Panna Lal ji. 23-6-57
Amritsar

*Om Namo Baghawate Vasudevay*

Thy kind letter and books.

Kindly have the thin card board binding.

No life is free from difficulties. Face them boldly through the grace of the Lord and favour of His name.

Who is learned ? He who practises what he knows.

This body is a lamp. The heart is the wick. The oil is your love for the Beloved.

He who does good to the humanity is the best of men.

Every kind act, every kind word and good behaviour which tend to promote the happiness of others are all acts of charity.

May Lord bless you, family and all.

*Om Tat Sat*

Thy own Atm.
Sivananda

234
9/40

# SIVANANDA VANI

**The dream of Sri Swami Sivananda's Immortal, practical instructions on the Yoga of Synthesis**

**In His own Handwriting.**

*Published by :*
The Yoga-Vedanta Forest University,
ANANDA KUTIR
P. O. Shivananda Nagar — RISHIKESH.
HIMALAYAS.

1957

*Price Rs. 2/-*

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## IMPORTANT NOTE

*This is a precious volume of the greatest value to all spiritual aspirants. Any one interested in disseminating this knowledge is welcome to reprint this volume or publish it in any language, of course, with the Publishers' formal permission.*

Printed
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## PUBLISHERS' NOTE 9/40

Of the 200 books that have been written by Sri Swami Sivananda ji Maharaj which is the one that will be most widely read, constantly studied and adopted as a universal scripture? Surely, it is "Sivananda Vani".

For into it the Sage has poured his very heart, for the spiritual uplift of his ideal and beloved disciple, Shri Panna Lal of Amritsar. Every word that he has written in these personal notes on every aspect of Yoga Sadhana and spiritual life is applicable to every aspirant. This is a book specially written for you at the special request of one who is greatly interested in your spiritual welfare—Shri Panna Lalji.

Every line on each page is vibrant with the divine personality of the sage whose authoritative utterances are conveyed to you in his own handwriting. It is as though Bhagavan Sivananda addresses you in person; the message is implanted firmly in your heart.

As a scripture for your daily Swadhyaya, as a prop for your meditation, as a guide to your Sadhana, —no book is equal to this; hence this premises to be the greatest of Sri Gurudev's works.

P. O. Shivananda Nagar.
11th July, 1957.
Holy Guru Purnima.

*Publishers*

ॐ

1st January 1951

Sri Pannalal
Amritsar

Recite this universal
prayer daily, Recite it
in all meetings.

O adorable Lord of mercy & love
Salutations and prostrations
Thou art the Indweller of all beings
Thou art Omniscient and omnipresent
Grant us an understanding heart
Equal vision and Balanced mind
Faith, devotion, and wisdom
Let us sing Thy glories
Let us abide in Thee for ever
Taylors Blessings

Sivananda

3/1

2nd January 1957

Sri Pannalal
Amritsar

Take stock of 1956.
Turn back the leaves of your spiritual diary. Mark your spiritual progress. Note how far you have advanced in cultivating virtues like humility, courage, truthfulness, cosmic love, purity etc. and in the control of mind and the senses.

Even if there is a set back in certain things, nil desperandum. March forward, to adhyatmic here. Look not back. A brilliant future is awaiting you.

May Lord Blenza, Sivananda

ॐ 3rd January 1957

Sri Pannalal

God is the source of all happiness.. All beings abide in Him. He is an embodiment of peace, wisdom, and Bliss. He is Truth, Love, Beauty and Goodness. All beings abide in Him

God is one. God and His law are one. God is Love and Law God is pure Spirit. God is the path and the goal. God alone is your real father, mother, friend and Guru.

Realise God now & here and be happy for ever.

May Love bless you, Sivanand

ॐ

Sri Pannalal

4th January 1957

The deeper a man's love of God is, the greater is his spiritual knowledge in due proportion to his capacity & depth of love.

The final consummation of the love of God is union with God.

Love of God is embodied in a man by virtue of his spiritual evolution.

May you live in God,

Sivanand

3

5th January 1957

Sri Pannalalji

Dear Pannalal: To realise God is your duty. God-realisation is your birth-right. Develop strong yearning for God-Realisation

Have confidence in yourself. Be self-controlled. Be fiery in your determination. Stick to your resolves tenaceously.

Cultivate a very strong faith in God. Do total self-surrender and obtain His Grace

May you be established in God-consciousness.

Siranand

ॐ

6th January 1957

Sri Pannalal

If you observe perfect physical Brahmacharya you will have control over your temper. You will not become irritable. Gradually you can attempt to attain mental Brahmacharya through Japa, meditation discrimination and enquiry.

Brahmacharya is the first requisite for God-realisation. Brahmacharya is the pathway to the Kingdom of God.

May you be established in perfect Brahmacharya.

Sivananda

ॐ 7th January 1957

Listen Pannabal! Wake up now. Develop dispassion. Do sadhana. Beware of the senses. Become desireless.

Understand life. Live divinely. Seek good company. Read. Waste not time. Depend on God.

Spiritual discipline is the key to God-realisation. Discipline the body, the senses and the mind.

May you attain God-realisation now and here.

Sivananda

3.

8th January 1957.

Behold Ramalal. You must be diligent and vigilant always. Do not give leniency to the mind.

Be regular in your meditation. Meditation is the very essence and life and soul of spiritual sadhana.

Meditate on the form of Lord Krishna with flute on His hand. Concentrate on Tiru Nute, the space between the eye-brows. Repeat mentally OM Namo Bhagavate Vasudevaya. May Lord Krishna be your Centre, ideal and goal.

Sivananda

To 9th January 1957

Sri Pannalal

Please remember always.
That renunciation is the
essence of spirituality and the
secret of self-realisation.
Renunciation is getting rid
of egoism, desires and cravings.

Renunciation is the only
way to perfection and bliss
eternal. Renunciation leads
to complete unification with
the Supreme Being.
Renounce and be free, Pannalal

Sivananda

ॐ

10th January 1957

Sri Pannalal,

I am in due receipt of your spiritual diary and resolve form. Your resolves for 1957 are very good. Kindly stick them.

For success in Brahmacharya intensify your Jaga and meditation. Keep up constant, mental repetition of the Lord's name even during work.

Have three sittings for meditation, morning, evening and night just before going to bed

Sivananda

ॐ

11th January 1957

Sri Pannalal

By regular keeping of spiritual diary, spiritual progress will be greatly quickened. Kindly be regular in sending me a copy of your diary at the end of each month for review and further instructions. I am immensely pleased to note your regularity in Sadhana.

Go to bed early (10 p.m.) and get up early (4 a.m.) The early morning hours are most favourable for meditation.

May Lord bless you

Sivananda

3i

12th January 1957

Sri Pannalal

It is better to practise concentration on one form of God and to repeat one Mantra. Concentration will thereby be greatly increased.

If the mind wanders bring it back again and again to the form. Practise a little pranayama. This will steady the mind. Observe 17 hours or 5 times for 2 hours this will conserve energy and produce more concentration

Sivananda

ॐ

13th January 195

Sri Pannalal,

Treat all kinds of work, domestic, official etc as service of God. Surrender all your actions and their fruits to the Lord. Give up agency. Feel you are an instrument in the hands of the Lord. Actions will melt away. Your heart will be purified. The grace and light of God will descend on you. This is the way to spiritualise all your actions.

Sivananda

35

14th January 1957.

Sri Ramakrishna

Om Namo Bagavate Vasudevaya.

See God in all beings and things. See the world as a manifestation of God. It is not necessary to abandon the world in order to have a vision of God, because the world itself is a manifestation of God.

The world is nothing but the expression of God's love. It is Virat Purush.

Sivananda

ॐ

15th January 1957

Sri Pannalalji,

Japa is the recitation of God's name. Japa is an important Sadhana for God-realisation.

Japa-Yoga is the easiest, quickest, safest and surest way of attaining the goal in the present age.

Repeat 200 malas of Japa daily. Do more mental Japa. Practice of Japa brings the devotee face to face with God. Sivananda

ॐ

16th January 1957

Sri Pannalal

God is Love. Bhakti is the experience of this divine love.

Do your duty in a spirit of worship. Perform all actions in an attitude of prayer.

Your heart should overflow with divine love at the sight of any object in the world. Then alone your acts become an ideal service. Sivanand

Om 17th January 1957

Sri Pannalal,

When there is tension in the mind, when you cannot meditate, go to Kirtan or singing the Lord's name. You will get relaxation and concentration.

Kirtan is nectar. Kirtan is divine food for the soul. Kirtan develops Divine Love. Kirtan produces Bhava Samadhi

Sivananda

Tiruvannamalai
18th January 1951

Sri Pannalal,

Understand life's supreme purpose. Seek the Eternal. Realise the underlying Essence.

Have intense thirst for liberation. Die to live.

Discipline the mind. Have self-control.

Learn to be wise. Make best use of this human birth. Realise the oneness of existence.

Sivananda

ॐ

19th January 1957

Sri Panna Lal,

Knock within. Search within. Look within. Gaze within. Within you is the Immortal Soul.

Aim at Perfection. Fight life's battle bravely. Live wisely. Strengthen your resolution. Become one with the Eternal.

Have tenacity of purpose. Climb the peak of perfection. Self-realisation is here and now. Attain the life's goal.

Sivananda

3i

20th January 1957

Sri Panaralal,

God is very close to you. He abides in your heart, closer is He than the breath, nearer than hands and feet. He is your very Self or Atma.

Strive to Know God. Seek the Company of Sages. Lead a life of Selfless service, renunciation, dispassion, prayer and meditation.

Have self-conquest. Control the mind. You will attain perfection and peace.

Sivananda

ॐ

21st January 1957

Sri Panneikal

Think rightly. Act rightly.
Meditate regularly. You will
attain eternal bliss.

Aspire fervently. Pray sincerely.
Introspect seriously. Reflect
rigorously. You will enjoy
supreme peace.

Speak sweetly. Speak softly,
speak lovingly. Speak
truthfully. You will attain
unalloyed felicity.

Sivananda

31

22nd January 1957

Sri Pannalal

Serve unturningly, serve selflessly, pray devotedly live truthfully. You will soon enter the Kingdom of God.

Remain cheerfully, Japa whole heartedly, rejoice heartily. You will attain the state of Blessedness.

Reflect ceaselessly, meditate intensely. Realise perfectly Rest peacefully.

Sivananda

3

23rd January 1957

Maharajha Pannalal.

You are very generous. You have done great service to the Divine Life Society. You are a pillar of the Society. So you have attained the title of Maharajha:

Cultivate more virtues such as courage, tolerance, purity, renunciation, discrimination, dispassion, determination, serenity etc. You will become Atma Samrat Maharajha of Maharajhas

Sivananda

3s

24th January 1957

Sri Pannalal,

True and sincere surrender unto the Lord is the essence of Bhakti.

"I am Thine. All is Thine. Thy will be done, my Lord".

This is the best Saranagathi Mantra or prayer.

Seek His will. Do His will. Surrender to His Will. You will become one with the Cosmic Will.

Sivananda

Sivanandashram

25th January 1957

Sri Pannalal,

Faith heals, faith creates, faith works wonders, faith moves mountains.

Faith is the sacred light for finding God. Faith makes the weak strong and the timid brave. Faith makes the impossible possible.

Therefore, Pannalal, have unflinching, perfect faith in the Lord.

Sivanand

ॐ

26th January 195[illegible]

Sri Pannalal,

Prayer is not asking. It is the yearning of the soul for Communion with God. Sincere prayer draws the grace of the Lord.

Prayer is a mighty spiritual force. It is the stored up spring from the bottom of the heart.

Pray sincerely, fervently, wholeheartedly. Then alone will God listen to your prayer.

Sivananda

ॐ

27th January 1951

Sri Pannalal,

The Divine grace is life's greatest treasure. If there is self-surrender, there is influx of grace. Lord's grace will descend in proportion to the degree of surrender; the more the surrender, the more the grace.

Supreme Love comes only by the grace of God. Grace of God will make you stick to the spiritual path.

Sivananda

ॐ

28th January 1957

Sri Pannalal,

Sattwic food purifies the mind. Take only sattwic food. You will have good concentration.

Take milk, fruits, fruit juice, monkhi dhall, parwal, barley, cheru, honey and lime juice, plantain curry, plantain flower curry, bitter gourd.

Give up onions and garlic

Sivananda

ॐ

29th January 1957

Sri Pannalal,

Never leave your sadhana
your meditation even for
a day. Constant practice
and Eternal vigilance are
indispensable. Till God-
realisation is attained

As long as you do not
realise the Truth practise
self-control and meditation.
Consciously attempt to
unite oneself with God
is called Spiritual Sadhana.

Sivananda

35

30th January 1957

Sri Ramalal,

Dharma is the pivot of life. Dharma means duty, righteousness, religion, eternal law.

Where dharma is, there victory is. Dharma supports life: Dharma brings perfection. Dharma is a way of life based upon ethics and perfect moral conduct. Dharma bestows immortal bliss

Sivananda

3s

31st January 1957

Sri Pannalal,

God is the only Reality.
Life is meant for God Realisation.
Wake up O Pannalal! Leave
and be wise. Live the Divine
life.

Raise the self by the self.
Exert. Plod on. Strive. Strive.
Meditate. Meditate.

Find out the way out of sorrow.
Be bold. Be brave. Identify
with the Atma. Cultivate
purity. Annihilate egoism.

Sivananda

3rd February 15th '57

Sri Pannalal,

Meditation is a sound and safe method by which you can unlock your inner power and attain God-realisation.

When you are in meditation you will touch the level of cosmic consciousness in a flash of illumination. You will know that life is Eternal and that you are Eternal.

Sivananda

ॐ

February 2nd 1957

Sri Parmalal,

God is the only Reality. God is the only Truth. God alone exists. Know this. Realise this.

God's love. He dwells in your heart. Recite His name always. Sing His glories. Do Kirtan.

Conquer the whole world by truth and love.

In silence alone you can hold communion with God. When there is a conflict of duty, sit and meditate. Hear the inner Voice and act immediately. Sivanand

3

February 3rd 1957.

Sri Pannalal

Be courageous Pannalal. You will come across various obstacles in meditation you will have to conquer over sleep, distraction, taste for sensual pleasure, laziness etc.
Practise asans regularly. Do a little tratak and pranayams. Do vichara. Cultivate Vairagya. You will conquer all obstacles Be vigilant.

Sivanand

ॐ

February 4th, 1957.

Sri Pannalal,

Samadhi is that state of pure consciousness, the supreme blissful state. It is the state where the jivatma becomes one with the Paramatma.

Samadhi leads to the direct intuitive realisation of the Infinite. It is an entire divine experience which is beyond the reach of speech and mind.

Sivananda

ॐ

February 5th 1957

Sri Pannalal

Please note this point Pannalal. A Jnani or a sage will always be in Samadhi although engaged in worldly actions.

One without full even-mindedness will never be able to go into Samadhi, even though he sits in Padmasan for several hours

When all cravings cease when one gets equal vision he attains Jnana Vision and Brahmic bliss.

Siranandi

3s

February 6th 1957.

Sri Pannalal,

During meditation one enters into a half-sleepy state. This is called Tandra.

If one is really meditating, his body will be light and his mind will be cheerful.

If he is sleeping, the body will be heavy, the mind will be dull and the eye-lids will be heavy.

Sivananda

Om

February 7th 1957.

Sri Pannalal,

During deep meditation you are forget the external world first and then the body. You will feel that there is no body. You will experience immense joy. You will enjoy indescribable peace.

Kevala Kumbhak or natural retention of breath without inhalation and exhalation will come by itself.

S. Ramana

Om

February 6th 1957

Sri Pannalal,

Light diet, dispassion, discrimination, contact with a teacher, are necessary for the practice of meditation.

Meditation when persisted in and perfected brings about the experience of superconsciousness or Samadhi, the ultimate state of self-awareness or realisation. May you be established in Samadhi.

Sivananda

ॐ

February 9th 1957

Sri Pannalal,

control of the mind is the first step to Spirituality. Victory over the mind means victory over the world. Conquest of the mind is the greatest victory

The mind becomes unstable and restless through desires for objects. When the mind is not centred in the Atman, man desires for objects. Become desireless, control the mind and be happy for ever.

Sivananda

Sri

February 10th, 1957

Sri Pannalal,

What is Divine life?
To shed the animal in man
and to sublimate the human
in him into the Divine; to
express this sublimation
in his daily, hourly life
in thought, word, and deed
that is Divine life.

To pray, to do japa, to sing
His glory, to do Kirtan, to
meditate on the Lord, is
divine life.

Sivananda

Om

February 11th 1957.

Sri Pannalalji.

You are imprisoned for a long time in this cage of flesh on account of your identification with the body. Cut this illusion with the sword of knowledge. "I am all-pervading Sat-chit-ananda Brahman" and be ever blissful.

Give up "I-ness", "mine-ness", agency & doership and become a silent witness. This is wisdom.

Sivananda

3.

February 12th 1957

Sri Pannalalji.

Brahma or the Absolute is the only Reality. Mind and the universe are unreal Mind alone is the universe Action & the mind alone is Karma. Renunciation & egoism and desires Constitutes real renunciation

Renunciation & egoism Leads to Atma Jnana. Practise Brahma Vichara You will soon attain Self realisation.

Sivananda

Sri

February 13th 1957

Sri Pannalalji.

Sadhana is the way of attainment. God is the goal of sadhana. Sadhana differs in details in the different Yogas.

Sadhana is any practice to steady the wandering mind and to fix it on God. He who does Sadhana is called a Sadhak.

Sadhana should be regular and systematic.

Sivanand

3i

February 14th 1957

Sri Tannalal,

A Hatha Yogi lays great stress on Asans, Pranayam. He tries to awaken the Kundalini

A Bhakta cultivates the nine modes of devotion. He does Japa, Kirtan etc

A Raja Yogi practises the eight limbs of Raja Yoga, Yama, Niyama, Asanas

A Gyana Yogi practises the four means, Viveka, Vairagyam. Sivanand

ॐ

February 15th 1957

Sri Pannalal,

Sat Sang is association with Saints and Sages. Without Sat Sang the mind cannot be turned towards God.

Sat Sang is a formidable and impregnable fortress to protect the young aspirants from the temptations of Maya.

Live in the company of Sages, hear their valuable instructions and follow them implicitly.

Sivananda

3i

Febmay 16th 1957.

Sri Pannalal,

C. Panna! Walk the Brahmanway. Brahmacharya is walking with God or Brahman. Brahmacharya is the Brahman Way.

Regard a woman as mother or Devi. This is Brahmacharya through the eye. Hear not lustful talks. This is Brahmacharya through the ear. Speak not on woman. This is Brahmacharya through the tongue. Entertain not lustful thoughts. This is Brahmacharya through the mind.

Sivanand

3i

February 17th 1957.

Sri Pannalal,

There are the ways to control the senses. Cultivate dispassion or non-attachment to objects. You can control the senses. Practise Pratyahara or withdrawal and Dama, self-restraint. You can control the senses.

Give up love or hate for the objects. You can control the senses. Control the mind. You can control the senses.

Sivananda

Om

February 18th 195

Sri Pannalal,

He who has a Guru
Knows Brahman. A Guru
alone can remove doubts,
pitfalls and snares. Guru
is Brahman or God Himself

Chandogya Upanishad declares
"Acharyavan Purusho Veda"
He who has a Guru knows
Brahman.
Sweta Swatara Upanishad
declares "He who has devotion
to his Guru will attain Self-
realisation"

Sivananda

3rd

February 19th 1957

Sri Pannalal,

Mind is Atma-Sakti. It is the dividing wall between the individual soul and the Supreme Soul.

Mind creates this universe. It is the principle of thinking and sensation. It is a bundle of vasanas, Knowledge and likes and dislikes.

Slay the mind through destruction of vasanas and Brahma Vichar or all-in Self-realisation. Sivanand

ॐ

February 20th 1957

Sri Pannalal,

Aham Kara or egoism is your arch enemy. It is born of ignorance. The real secret of divine life lies only in the renunciation of this false egoism.

Likes and dislikes are the offsprings of egoism. This tree of egoism can be destroyed to its roots by the fire of wisdom only.

Sivanandha

35

February 21st 1957

Sri Pannalal,

Dear immortal child Panna, hear with unwavering attention. When the mind ceases functioning, when all desires are extirpated, when the senses are withdrawn in the mind go with energy eternal peace.

Kill jealousy, anger, greed and lust. Attain this peace through discrimination and constant meditation on the ever-present Atman.

Sivananda

3.

February 22nd 1957.

Sri Panna Lal,

Nil desperandum Panna.
Overcome difficulties. Failures
are stepping stones to success
Watch your speech and thoughts
Persevere.
Cultivate attention. Difficulties
arise to develop. You will
You may grow strong by
overcoming them
Watch every word. Speak
no word that is impure or
vulgar or can affect the
feelings of others. Sivaram

Sivanandashram

February 23rd 1957

Sri Panigrahi,

Do not expect the fruits of your actions. Give up agency or doership. Feel that you are an instrument in the hands of the Lord and that He does everything. Be balanced in success and failure. Be not attached to the actions themselves. This is the secret of Karma Yoga.

Karma Yoga elevates man to Divinity.

Sivananda

ॐ

February 24th 1957

Sri Pannalal,

Attachment is death. Non-attachment is eternal life. Man gets attached to the objects of the world and is bound thereby. He takes birth after birth and is caught in the wheel of samsara.

Destroy attachment by vairagya and discrimination. Look into the defects of sensual life. Sivananda

Om

February 25th 1957.

Sri Pannalal,

Bhakti is devotion unto the Lord. Prayer, Japa, Kirtan, remembrance, worship, meditation, Self-surrender are all limbs of Bhakti Yoga.

There are five kinds of bhava in Bhakti Yoga. There are nine modes of Bhakti. Bhakti Yoga is suitable for the vast majority of persons. Pure Bhakti and Jnana are one.

Sivananda

31

February 26th 1957

Sri Pannalal,

Be steady in your Asan Gradually try to sit on one asan for 3 hours at a stretch. Regulate and restrain the breath through the practice of pranayama. Withdraw the senses from the objects. Now you will be able to practice concentration and meditation.

Regularity in the practice of concentration is of paramount importance, 6 Pannalal

Sivananda

35

February 27th 1957

Sri Pannalal,

Meditation is freeing the mind from thoughts of sense-objects. Mind dwells on God and God alone during meditation

If one perfect ethical perfection, then alone one can be established in deep meditation

Meditation follows Concentration and Samadhi follows meditation.

Sivananda

35

February 28th 1957

Sri Pannalal,

Meditate on a concrete form in the beginning. Meditate on any form of the Lord. Think of His attributes omnipotence, purity, perfection etc. Gradually the mind will be prepared to take up the higher formless meditation.

Be patient. Be persevering. Cultivate burning dispassion, burning longing for God-realisation. Gradually you will enter into deep meditation and Samadhi.

Sivananda

ॐ

March 1st 1957.

Sri Pannalal,

Do not get false contentment. Do not imagine that you have reached the highest nirvikalpa state and stop your Sadhana.

Slay spiritual pride. Shun the company of worldly persons who always talk on sexual matters, money and worldly topics.

Observe the laws of health and hygiene. Be moderate in eating and drinking. Do not overwork. This will produce fatigue.

Sivananda

March 2nd 1957.

Sri Pannalal,

Spiritual experiences differ in Sadhaks according to the nature of their Sadhana and the Yoga they are practising. Some hear Anahat sounds in the ear. Some see brilliant lights. Some have vision of Rishis, mountains, rivers etc. Some experience Cosmic Consciousness. This is a rare experience. The bliss of Nirvikalpa Samadhi cannot be expressed in words.

Sivananda

March 3rd 1957

Sri Pannalal,

Samadhi is union with God. It is a State of eternal bliss and eternal wisdom. It cannot be described in words. In Sahaj Kalpa Samadhi there is the Triputi or triad, Knower, Knowledge and Knowable.

In Samadhi mind, intellect and the senses cease functioning, all dualities vanish in toto. O Panna! meditate ceaselessly and enjoy the Supreme Bliss of Nirvikalpa Samadhi.

Sivanand

Om

March 4th 1957

Sri Pannalal,

The mind alone is the universe. The body with its organs etc is no other than mind.

The slayer of Atma is the mind only. The actions of the mind alone are, indeed, actions, but not so, those of the body.

The mind contemplating upon the body becomes the body itself and then enmeshed in it, is afflicted by it.

Slay this mind, Panna and attain eternal bliss.

Sivananda

3rd March 5th 1957

Sri Pannalal,

Panna! Please note the difference between sleep and Samadhi. Sleep is an inert state. But Samadhi is a state of pure awareness or pure consciousness.

When a man returns from sleep he is heavy and dull. He has no experience of wisdom of Atma. But when the Yogi comes down from Samadhi, he is full of wisdom of Atma.

Sivananda

35

March 6th 1957.

Sri Panna Lal,

Hatha Yoga is mainly concerned with the physical body and the pranamaya sheath. It prepares the aspirant for Raja Yoga.

Hatha Yoga deals with the practice of asanas, pranayama, bandhas and Mudras. It treats of Shad Kriyas too. It gives splendid health, removes various sorts of diseases and awakens the Kundalini.

Sivanandā

35

March 7th 1957.

Sri Pannalal,

The practice of Yoga asanas bestows mental poise. If you practise asanas even for ten minutes daily you will derive immense benefits. Be regular in the practice of asanas. This is important.

Sirsh asan bestows brain power and develops the intellect and the memory. It is useful in maintaining Brahmacharya. It cures many diseases.

Sarvang asan gives longevity and makes the spine elastic.

Sivanand

3i

March 8th 1957.

Sri Pannalal,

Japa Yoga is the Yoga of recitation of a Mantra or name of the Lord. There is a mysterious power in every name of the Lord. A name or Mantra is recited in three ways viz verbal or loud utterance, Semi-verbal or humming and mental. Mental Japa is more powerful. Let the recitation of Japa become habitual. Do four ashtangas. Do one lakh of Japa for each letter. Live on milk and fruits. Observe Brahmacharya during the period.

Sivananda

3

March 9th 1957.

Sri Pannalal,

Yoga of Synthesis is a unique Yoga. It is suitable for the vast majority of persons. Man thinks, feels and wills. He must develop his heart, intellect and hand. Then alone can he attain perfection or integral development. Every one should have one Yoga as a basic Yoga. He must combine Karma Yoga, Hatha Yoga, Raja Yoga, Bhakti Yoga and Jnana Yoga. This is Yoga of Synthesis.

Sivananda

ॐ

March 10th 1957

Sri Pannalal,

Jnana Yoga is the Yoga of wisdom. It is Vedanta. It is the culmination of all the other Yogas. It teaches that the individual soul is in essence identical with the Supreme Soul. When Avidya is destroyed the individual soul merges in the Supreme Soul.

The aspirant should equip himself with the four means of Salvation, study Upanishads under a Guru and meditate. He will attain Self-realisation.

Sivananda

3is

March 11th 1957.

Sri Pannalal,

I shall tell you, Panna, about the nature of Atma or Brahman. The Supreme Self or Atma abides in the chambers of your heart. It is the substratum for this mind, mind, prana, body and the senses.

It is Sat chit ananda. It is immortal, infinite, eternal, ever pure, ever free, perfect and independent. It is one without a second. It is Truth and wisdom. It is formless and attributeless.

Sivananda

ॐ

March 12th 1957

Sri Pannalal,

Now, I shall tell you about your real nature. Thou art essentially Satchit ananda Brahman. Thou art the Infinite, all-pervading, self-luminous, eternal Atman or the Supreme soul.

Tat Twam Asi. Thou art that. Roar OM. OM. OM.. Sivohum. Soham. Satchit ananda Swaroopoham. Come out of this cage of flesh. b. Panna

Sivananda

35

March 13th 1957.

Sri Pannalal,

Maya is the illusory power of the Lord. Maya hides the real and makes the unreal appear as real. Maya is Suddha Sattva.

Do not enquire now into the origin of Maya. Strive for its destruction. Maya is indescribable. It can be crossed through the grace of God acquired by self-surrender. When Jnana is attained, then you will know all about Maya.

Sivananda

ॐ

March 14th. 1957.

Sri Pannalal.

Avidya is ignorance. It is the cause for bondage. Vidya is the cause for liberation. Destroy the root of avidya through knowledge of Atma

Avidya is the causal body of the individual soul. It is impure sattwa. It is mixed with Rajas and Tamas

Avidya is the cause for births and deaths. Mind and body are the effects of Avidya.

Sivananda

ॐ

March 15th 1957.

Sri Pannalal,

Brahman is Supreme Goodness. Rajas and Tamas are the causes for evil. Evil is a mere appearance. Nirvishesha to glorify good. Evil is a Kind of Knowledge which shows the Superiority of Goodness by way of Comparison

An evil man is a Saint in the future. See Good in everything. Destroy the evil-finding quality. Develop the good-finding quality. Rise above good and evil.

S. Ramani

ॐ

March 16th 1957.

Sri Pannalal,

Identification with the body is bondage. Identification with the Atman or Soul is liberation.

"I am body" "This is mine" "She is my wife" "He is my son" This is bondage

"I am all-pervading immortal Soul" "Nothing belongs to me" "All is Brahman" This is liberation.

If the mind is attached to objects, this is bondage. If it is unattached, this is liberation.

Sivananda.

Om

March 17th 1957.

Sri Pannalal.

Every man wants everlasting happiness. This is his innate feeling. This indicates that his soul is an embodiment of bliss.

Everybody wants full Knowledge of everything. This gives the clue that Atma is a man of Knowledge.

Every man wants freedom. This gives the clue that his Atma is ever free.

Panna! Search within and attain the ever blissful and ever free Atma!

Sivanand

Om

March 18th 1957.

Sri Pannalal,

Now I will tell you what is Vichara? Vichara means enquiry. It is an enquiry into the nature of Brahman or The Enquiry of Who am I? is also Vichar.

What is bondage? What is freedom? What is the relation between the Jiva and Brahman? How was this universe born? Who is the Creator? These Constitute Vichara. Vichara leads to Brahma Jnana.

Sivananda

3.

March 19th 1957.

Sri Pannalal,

Vairagya is dispassion, desirelessness or nonattachment. Vairagya liberates man from bondage. Vairagya is the foremost virtue. Look into the defects of sensual life. Live in the company of saints. You will develop Vairagya.

Vairagya born of discrimination will help you and will be permanent. Without Vairagya not even an iota of spiritual progress is possible.

Sivananda

3i

March 20th 1957.

Sri Pannalal,

Enquire who am I?
This body is not "I". It is inert.
It is a mixture of five elements.
It is perishable. It is finite.
The organs are not "I". They are
finite and perishable. Prana
also is not "I". It is inert. It
is a product of Rajas. The
mind also is not "I". It is
inert. Intellect and egoism
are not "I". "I" is pure
The real infinite "I" is your
own innermost Atma or Soul.

Sivananda

35

March 21st 1957.

Sri Pannalal,

Self-realisation is not a process. It is not a becoming. It is pure Being. It is not a new thing to be attained. The aspirant knows that he is the all-pervading, immortal Soul. To know that is to become that.

Self-realisation is direct intuitive perception of the Atman. All distinctions vanish. The sage is freed from fear, sorrow & pain.

Sivananda

35

March 22nd. 1957.

Sri Pannalal,

Where there is no duality, there is immortality. When the three Knots are cut, one attains immortality

If your aim in life is immortality then sense-objects as forms where there is nothing to be seen or heard, or thought of, there is immortality. Immortality is the very nature of Atma

The road to immortality is steep, and tiring. The help of a realised sage is necessary at every step.

Sivananda

3

March 23rd 1957

Sri Pannalal,

Jeevanmukti is a very exalted state of eternal bliss. Words cannot adequately describe this state. You will have to realise this state yourself. Jeevanmukti is a state of perfect awareness. The individual soul has become one with the Absolute. A Jeevanmukta is absolutely free, perfect and independent.

Sivananda

March 24th 1957.

Sri Pannalal,

A Jeevan mukth radiates
Joy and peace every where.
He is free from egoism,
lust, anger, greed, pride,
and likes and dislikes.

He has equal vision. He is
balanced in censure and
praise, honour and dishonour.
He has Knowledge of the
Three periods of time. He
has omniscience.

Sivananda

March 25th 1957.

Sri Pannalal,

Fight bravely in this battle of life: Be bold. Be cheerful. Be patient. Be wise. Arm yourself with the shield of discrimination and sword of dispassion. March forward courageously, O Panna, O Adhyatmic Hero! O brave spiritual soldier. Yield not to temptations.

Sivananda

3i

March 26th. 1957.

Sri Pannalal,

Yoga is a perfect, practical system of self-culture. Yoga is an exact science. It aims at the harmonious development of the body, the mind, and the soul.

Practise Yama and Niyama. Sit comfortably in Padma or Siddhasana. Restrain the breath. Withdraw the senses. Control the thoughts. Meditate and attain Nirvikalpa Samadhi.

Sivananda

31

March 27th 1957.

Sri Pannalal,

A Karma Yogi should have an amiable and loving nature. He should have Sympathy, adaptability, Self-restraint, Selflessness, tolerance, Cosmic love and Compassion.

He should adjust himself to the ways and habits of others. He should be able to bear insult, harsh words, criticisms, heat and cold.

Sivanand

31

March 28th 1957.

Sri Pannalal,

Do Bhujangasan, Dhanurasan, and Salabasan for curing Constipation.. Do Paschimottasan for reducing fat and curing Diabetes. Do Sarvangasan for attaining long life and rendering the Spine elastic Do Sirshasan to improve memory and brain-power Do Sirshasan and Sarvangasan for Success in Brahmacharya and curing piles.

Sivanand

3rs

March 29th 1957.

Sri Paramdal,

Sensual pleasure is momentary and illusory. A mustard of sensual pleasure is mixed with a mountain of pain. Enjoyment cannot bring about the satisfaction of desire. It makes the mind more restless through intense craving. Sensual pleasure is an enemy of wisdom. It is the cause for birth and death. Seek the immortal bliss of Atma and be happy for ever.

Sivananda

3i

March 30th 1957

Sri Pannalal,

Thou art divine Panna.
Live up to it. Feel and realise
thy divine nature.

Do not murmur when you get
difficulties. Every difficulty is an
opportunity for you to develop
your will and power of endurance
Conquer the difficulties one by
one.

Aspire and draw. Grow. Expand
Be hopeful always. Face all
difficulties bravely with a smile
Stand adamant. Root yourself
in your own Atma.

Sivananda

35

March 31st 1957

Sri Pannalal,

Within you is the hidden God
Within you is the immortal soul.
Within you is the inexhaustible
Spiritual treasure and magazine
of power. Within you is the
fountain of joy and happiness
Within you is the ocean of
bliss
Look within, Panna, for the
happiness you have sought in
vain in the perishable
Sensual objects. Rest
peacefully in your own Atma
and drink the nectar of
immortality.

Sivananda

3

April 1st 1957

Sri Pannalal

If you have contentment, cheerfulness, patience, unruffled state of mind, sweet voice, one-pointedness of mind, light body, fearlessness, desirelessness, disgust for worldly things, know Pannalal that you are advancing in the spiritual path and that you are nearing God.

S. Ramana

3

April 2nd 1957

Sri Sivanandji Pannalal,

The keeping up of a daily spiritual diary is very, very important. It is a whip for goading the mind towards God. It shows the way to freedom and eternal bliss. It is your Guru. It is an eye-opener.

You can then and there rectify your mistakes. You can evolve quickly. It will teach you the value of time. In maintaining a diary, do not utter any falsehood anywhere.

Sivanandji

35

April 3rd 1957.

Sri Sivananda. Pannalal,

Brahman is the only Reality
Achieve perfection through
meditation. Act with faith
and determination.

Bear misery and pain with a
cool mind. Be ever vigilant
and diligent. Call nothing as
your own. Destroy all the
pleasure centres. Do not cling
to any name and form.
Do not give leniency to the mind
Do not go to extremes in Sadhana.
Walk in the medium path.

Sivananda

ॐ

April 4th 1957

Sri Sivanandi - Pannalal.

Feel your oneness everywhere, Enquire who am ?? Enjoy the life transcendent. Giving up clinging to this illusory life Give your hands to work and mind to God.

Hate lust but not a woman. Have a rosary always in your neck. Identify yourself with the Supreme Self or Atma Introspect. Practise self-analysis and remove your defects

Sivananda

ॐ

April 5th 1957

Sri Sivananda Pannalal,

Every type of spiritual discipline has its place and value.

Prathama pratima-puja
Japa stotrani madhyama
uttama manasi-puja
Soham pujottam ottama

Idol worship is the first; muttering of mantras and chanting of hymns are the middling; higher is mental worship and the highest is the worship of the form "I am

Sivananda

April 6th 1957.

Sri Sivananda Pannalal,

Panna! Courage is thy birthright but not fear. Peace thy birthright, but not restlessness. Immortality is thy divine heritage, but not mortality. Strength is thy birthright, but not weakness.

Health is thy birthright but not disease. Bliss is thy birthright, but not sorrow. Knowledge is thy divine heritage but not ignorance. Claim thy birthright now and be happy for ever.

Sivananda

31

April 7th 1957

Sri Pannalal,

You are the architect of your own fate. You are the master of your destiny. You can do and undo things through exertion or Purushartha. Destiny is your own Creation.

Change the mode of your thinking. Think "I am immortal, Sexless Atma" You can conquer death and attain the immortal Seat of Supreme Splendour.

Sivananda

31 April 6th 1957

Sri Panna,

Hold the magnificent
torch of faith. Hoist high
the banner of peace.
Wear the magnanimous shield
of dispassion. Put on the
marvellous coat of arms of
discrimination.
Sing the song immortal of
Soham. March boldly with
the band of OM OM OM. Blow
the conch of courage. Kill
the enemies, doubt, ignorance,
passion and egoism and
enter the limitless Kingdom
of Atma. O Panna!
OM Tat Sat.

S. Ramana

3

April 9th 1957.

Sri Ram,

OM is the name or Symbol of Brahman or the Absolute OM is the essence of all Vedas. It is the greatest of all Mantras. It bestows liberation directly

Meditate on OM with Bhav or feeling. You will attain Self-realisation. OM is Sat-Chit-Ananda. OM is Infinite. OM is Immortality OM is Eternity. OM is all-pervading Consciousness.

Sivananda

ॐ

April 10th 1957

Sri Pannalal.

Brahman or the Reality
can be realised by man.
But one who has Known
Brahman cannot communicate
it to others for want of
means.

Even the Knowledge
acquired by the five senses
cannot be communicated
to others. You cannot tell
the taste of butter to a
man who has never tasted
it or even communicate
the idea of colours to one
born blind.

Sivananda

ॐ

April 11th 1957.

Sri Pannalal,

All that a Guru can do is to tell his disciple the method of knowing the Truth or the path that leads to the disclosure of intuitional faculty.

He will clear your doubts, remove pitfalls and snares and inspire you. He cannot give you Samadhi. You will have to place each step yourself on the rung of the ladder of Yoga. Do not expect a miracle from your Guru or put you in Samadhi.

Siranand

ॐ

April 12th 1957

Sri Panna Lal.

Come, come, Become a Yogi Panna! Aim high. Do you not like to attain perfection or immortality? Then come. Struggle for higher things. Be bold. Look not back. March forward. Enquire Who am I? Hear, reflect, meditate and realise the Atmic splendour. Identify yourself with the Supreme Self. Live in the Eternal.

Sivananda

3

April 13th 1957.

Sw. Ramadas,

Never miss a day in meditation. Regularity is of paramount importance. When the mind is tired, do not concentrate. Give it a little rest.

Do not take heavy food at night. It will disturb your morning meditation.

If you are earnest and sincere you will attain Samadhi in six months. Evil thoughts enter your mind. Substitute divine thoughts.

Sivananda

ॐ

April 14.th 1957.

Sri Pannalal,

Guru is Brahman or Ishwar Himself. Guru is your real father, mother, friend, guide and Saviour. The grace of the Guru is indispensable for the spiritual progress of the aspirant.

The Sruti says: "To that high-souled aspirant, whose devotion to God is great and whose devotion to Guru is as great as that to the Lord, these secrets do shine if become illuminated."

Sivanand

Om

April 15th 1957.

Sri Pannalal,

Brahman or the Supreme Self alone is real. He is the Soul of all. He is all in all. He is the Essence of this universe. He is the Unity that never admits of a duality.

O Panna! Thou art this immortal, all-pervading, All-blissful Brahman. Thou art Mad. Realise this and be free. Tat Tvam Asi

Sivananda

3rd April 16th 1957.

Sri Panna Lal,

Satyam (truth) is the seed. Ahimsa is the rock. Meditation is the shower. Peace is the flower. Moksha is the fruit.

Therefore, Panna, Speak the truth, practise Ahimsa and meditation. Cultivate peace. And win attain Self-realisation and enjoy eternal bliss.

Sivananda

ॐ

April 17th 1957.

Sri Pannalal,

Spiritual experience will come to you when you are ready, but not before. There is inner unfolding from level to level in your spiritual experience. Wait patiently. Plod on in your Sadhana with purity and courage

During meditation you will see various kinds of light, gods, Rishis, mountains, rivers, astral entities etc. You will have no idea of time. Gradually you will experience cosmic consciousness. Ultimately you will merge yourself in Brahman.

Sivananda

35

April 18th 1957.

Sri Ramlal,

Do not waste your time in looking at the visions during meditation. These are all encouragements to convince you of the existence of supra-physical realities. Some will hear Anahat sounds. Some will levitate. Shiva siddhis. Siddhis are hindrances in meditation. Inner joy, peace, power, freedom from fear — this is the real nature of high spiritual experience.

Sivananda

ॐ

April 19th. 1957.

Sri Pannalal.

Jnana is the only means to attain the highest Bliss. To attain Jnana you must have one-pointedness of mind. One-pointedness of mind comes through Upasana or worship. Upasana comes through purity of heart. Purity of heart comes through Nishkama Karma Yoga. O Panna! Regain the lost Divinity. Thou art Divine

Sivananda

April 20th 1957

Sri Pannalal,

A really learned man is one who ponders over the questions "Who am I? What is this universe? What is Atma? What is the relation between the individual soul and the Supreme Soul? What is the goal of life? How to reach this goal? Whence have I come? Whither will I go? These questions naturally arise in the mind of every man at one stage of his life or another.

Sivanand

April 21st 1957

Sri Ramalal,

What is the highest end of man? All are agreed that the one aim man has in all his actions is to attain happiness. The highest end of man must therefore, be the attainment of eternal happiness. This can be had in one's own Atman or the Self only.

Atman is an embodiment of peace, bliss, and wisdom. Serve. Love. Purify. Meditate and realise this Atma, O Rama.

Om Tat Sat.

Sivananda

To

April 22nd 1957.

Sri Panchal

The Yogic Student must have faith and devotion to Guru and the Lord. He must have faith in the teachings of his Guru and in Yogic Scriptures.

He must have intense aspiration and nishama. He must be gentle, simple, humble and noble.

He must be free from harshness, crookedness, cunningness, double-dealing, rude nature, greed and egoism.

Sivananda

2

April 23rd 1957.

Sri Ramachal.

Get up at 4 am. This period is very favourable for meditation the mind is refreshed now. The external atmosphere is calm Sit on Padma Asan or any comfortable pose. Salute to your Guru and Lord Ganesh first.

Concentrate on the space between the two eyebrows with closed eyes. Have a sitting for 10 minutes and gradually increase the period to half or one hour. Have another sitting at night. Recite your Guru Mantra and meditate on the form of the Lord.

Sivanand

35

April 24th 1957

Sri Punnalal,

Pratyahara is withdrawal of the senses from their respective objects. Real, spiritual life begins when the Yogic Student is established in pratyahara. The practice demands considerable patience and perseverance.

The senses cannot do anything without the co-operation of the mind. If you can disconnect the mind from the senses, there will be abstraction of the senses automatically.

Sivananda

35

April 25th, 1957.

Sri Pannalal,

Understand that to be Brahman which is infinite, eternal, immortal, formless and attributeless and on knowing which nothing else remains to be known.

Understand that to be Brahman which is free from hunger, thirst, pain and sorrow, and which is the only thing to be realised for one's emancipation.

Understand that to be Brahman which is the dearest of all and which is the witness of all the activities of the mind.

Sivanand

3

April 26th 1957.

Sri Pannalal.

Practise detachment. Cultivate dispassion. Have burning aspiration. Remove egoism. Remove desire. Remove renunciation itself.

Have a strong conviction "This world is unreal. Brahman alone is real. I am Brahman. All, indeed, is Brahman."

Know that thy self is the self of all beings and all beings abide in thy self. Live in bliss eternal now, O Panna.

Sivananda

3

April 27th 1957.

Sri Pannalal,

Discrimination (Vivekha) is the same as divine light. One attains God-realisation and Supreme Bliss through discrimination. Discrimination is the best remedy for the chronic ailment of worldly existence.

Discrimination destroys the very root of all troubles and ignorance. All the misery of the world is due to lack of discrimination.

O Panna! leads to discriminate and attain self-realisation now and here.

Sivanada

OM Tat Sat

ॐ

April 28th 1957

Sri Pannalal,

Do your duties wholeheartedly. You are a householder. Serve the poor, the sick and the saints. Do Pancha Maha Yajna. Give one tenth of your income in charity. Have Sat Sang. Study Gita. Fast on Ekadasi. Observe Brahmacharya. Keep Nama Smaran. Lead a life of discipline, devotion and non-attachment. This is the easy way for attaining God-realisation.

Sivananda

Om

April 29th 1957

Sri Pannalal.

Train Kamala your dearest partner in life and your children Rama, Usha, Chandra Kala and Rama Krishna in the spiritual path. Give them good Sanskrit education. Let them study Ramayana, Gita and Bhagavata.

Let them keep daily spiritual diary. Let them write Mantra (Likhit Japa). Let them practise asanas. Do Kirtan at night with them. Convert your home into Vaikuntha on this earth.

May Lord bless you all. Sivananda

ॐ

April 30th 1957

Sri Swami Ramadas,

I have given you all instructions on Bhakti, Yoga, Vedanta Karma, Sadhachar, Vairagya etc. Practise these instructions minutely. You have already scaled some heights in the ladder of Yoga. You are a proper adhikari. You are full of auspicious qualities. I always stand by you side. I shall serve you nicely. Attain Nirvikalpa Samadhi and become a Yogi.

May you rest in your own Swaroopa.

OM Tat Sat

Sivanand

# STORY OF
# SWAMI SIVANANDA

Herewith a nice photo of a couple, your Dutch pupils. The lady is fond of your books and letters. She feels glad to be your pupil. From your letters goes out a very strong spiritual energy. It is marvellous. I thank you very much for your letters on behalf of the lady.

Sri A. Ketelaars,
Balkbrug, Nederland.

It was at the recommendation of my friend, Mrs. V. B. Reed and myself that Mr. Cresey decided to ask you for spiritual guidance for we are fully confident that none but yourself is equipped and suited to give the same to him I have already introduced Mr. Cresey to some of your works, sending him extracts from the "Practice of Meditation" and "Gyana Yoga". Mr. Cresey is a very sincere and zealous student, who is in need of spiritual contact (Shakti Sanchara), just like ourselves. Hope and pray that his connection

with the Divine Life Society will prove a blessing to him and his.

Sri C. de Jong;
California, U. S. A.

I have well-known you by repute and your Divine Movement, which I applaud highly. I wish to see you personally and to look to you for guidance. I have heard that you have written many valuable books about Divine Life and fine magazines that teach highly worthy things.

Sri Takaski Ours
President, Human Medicine Institute,
Mishima, Japan.

With devoted heart I prostrate unto the Divine Feet of Pujya Gurudev. I always beg unto Thee for Thy blessings. Kindly bless me, bless me with Divine Knowledge. We are passing through the darkest days of our life. Thy help is badly needed. We are at the mercy of Thy Holiness. Thou art the Lord of Mercy. Again I beg unto Thee for help. May Thy help reach us soon and save us.

Sri T. Nanik,
Hong Kong, China.

My longing to meet you becomes stronger and stronger. After having practised and taught Yoga for several years and after having studied many Yoga books, I feel that I must have a personal contact, and my great desire is to be allowed to stay with you in your Ashram for a while. Will you let me know the conditions, please? I gave up my profession years ago for the purpose of leading a Yoga life seriously.

Sri Addy Ulenberg,
Garmisch, Germany.

It is a long time since I received Thy kind letter. This silence terrifies me, for, how can I live without Thy contact? How can I do anything without Thy guidance and strength? I do not know what charm and magic is hidden in thy kind letter. It surpasses any other joy and any other delight. I fully believe what ever you do is for my best, so in Thy silence too there must be a secret good hidden for me. I also realize, you have to work so much, I should not expect a letter from you. For, it is giving trouble to you, but then I am helpless. I am ever yearning for your kind letters and Thy Messages. Because to hear from you

is a joy inexplicable.

I had finished the 'Sivanada Day-to-day'. I like it very much. When I read it, I feel I am in the Kutir myself to live with my Beloved Father and sitting at Thy Holy Feet to share all blessings and joys. I feel I am among the fortunate brothers and sisters in the Ashram and do everything with them.

Sri Miss Kamalnan Hwan
Hong Kong, China.

I always admire the manifold activities of the Swamis. When a lucky star will lead me to Rishikesh, I would like to see all your institutions.

Sivananda Lori Goehl
Germany, Munich

I happened to read your "Yoga of Synthesis", "Sivananda, Day-to-day", and a few issues of "Wisdom Light". They had a miraculous purifying effect on my mind.

K. K. Saigal,
University of Roorkee.

All along in the train, the students were slowly chanting the songs sung at the Bhajan

on the previous day. They were visibly moved by their stay there and your Holy presence. We saw the Incarnation of Divine Love.

Prof. T. P. Meenakshisundaram,
Visiting Prof. Summer School of
Linguistics, Dehra Dun.

14. Forget and forgive. You will have peace. You, will become divine.

15. If any one proves to be faithless to you, be faithful to him always.

16. Love all. Be one with all. See the One in all.

17. Greet everyone as the Lord Himself. Feel the presence of the Lord everywhere.

18. Try your best to make others, as well as yourself, better, wise and happy.

19. Spiritualise all your activities.

20. If you are truthful and pure in your daily life, you will inherit the Kingdom of God.

21. Soak your life with rememberance of Lord. Dedicate your all to Him. See Him in everyone.

22. Do Japa. Sing Kirtan. Do charity. Practise meditation. Realise Atmic Bliss. May God bless you.

23. All are manifestation of the Lord. It is a shameful slur (slur) on you if you bear a grudge or ill-will towards anybody.

24. Do not hate the evil-hearted, the jealous and the selfish. It is they who promote your salvation.

25. Disharmony of thought, word and deed is the cause for all troubles miseries and quarrels in thie world.

26. During illness, detach yourself from body. Connect the mind with the Budhi and Soul "As you think, so do you become.". Therefore, assert you are healthy. Disease will take to its heels.

(Voice of the Himalayas)